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ABSTRACT

An outline of the materials, equipment, and implements used for manicuring and pedicuring is presented in this course program. A guide to the services in the cosmetology field is laid out in a number of time blocks which cover: the Fingernails (3 hours), Manicure Supplies (2 hours), Manicure Techniques (20 hours), Pedicuring (5 hours), Basic Principles of Chemistry (5 hours), Shampoo And Its Chemistry (10 hours), Chemistry of Curling and Waving Hair (25 hours), Chemistry of Chemical Hair Relaxers (10 hours), The Chemistry of Hair Color (15 hours), and the Development of Manipulative Skills (35 hours). Contained within each time block is an outline of the subject material to be covered as well as a list of the behavioral objectives to be attained by the student. There is a twelve-page Post Test Sample with answer sheet and a twelve-item bibliography including periodicals and reference texts. (KP)

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AUTHORIZED COURSE OF INSTRUCTION FOR THE QUINMESTER PROGRAM

Course Outline
COSMETOLOGY 2 - 9207
(Care of the Nails)
Department 48 - Quin 9207.01

CE 000 002

DADE COUNTY PUBLIC SCHOOLS
DIVISION OF INSTRUCTION - 1973

D A D E C O U N T Y P U B L I C S C H O O L S

1 4 5 0 N O R T H E A S T S E C O N D A V E N U E

M I A M I, F L O R I D A 33132

Course Outline

COSMETOLOGY 2 - 9207
(Care of the Nails)

Department 48 - Quin 9207.01

county office of

VOCATIONAL AND ADULT EDUCATION

THE SCHOOL BOARD OF DADE COUNTY

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Dade County Public Schools
Miami, Florida 33132

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Miami, Florida 33132

Course Description

9207	48	9207.01	Care of the Nails
State Category Number	County Dept. Number	County Course Number	Course Title

In this course emphasis will be placed on the development of skills that were learned in the preceeding quins. The student will work on mannequins and patrons. Through participation and discussion the student will learn about the proper use of materials, equipment, and implements used in the procedure of manicuring and pedicuring. Methods and techniques of these skills will be developed. This is a three quinmester credit course.

Prior to entry into this course, the vocational student will display mastery of the skills indicated in "Color Technology". (9205.05)

PREFACE

This quinmester course outline entitled Care of the Nails is required by all cosmetology students in order to qualify for the Florida State Board of Cosmetology examinations.

Manicuring and pedicuring, essential services to the cosmetology field, are area skills in great demand. For this reason the student should become proficient in these skills.

This course material is presented to the student in 135 hours of classroom-laboratory instruction and is divided into 10 blocks of instruction which are further broken down into a number of units. Upon completion of the quin, the student will have an understanding of the proper use of materials, equipment, and implements used in the procedure of manicuring and pedicuring methods and techniques.

Further development of these skills will be maintained throughout each quin. The student will perform these skills in a shop like atmosphere on other students and patrons.

Also presented in this quin is the study of cosmetology chemistry. Chemistry dealing with the effects of chemicals used in cosmetology aiding to develop safe, workable procedures.

This quin is designed to make professional cosmetology services readily understandable through a clear presentation of the relative facts pertaining to the chemistry and structure of hair and skin. It is offered in an attempt to insure the safe and effective use of all professional products.

The instructor used demonstrations and lectures which are supplemented by the performance of laboratory experiments and assignments by the students. A basic textbook and student laboratory manual are used throughout the course. The instruction is further augmented by the use of films, film-

strips, charts and other aids which make the lessons more meaningful.

The bibliography, consisting of the last pages of the outline, lists the basic and supplementary reference texts and films.

This outline was developed through the co-operative efforts of the instructional and supervisory personnel, the Quinmester Advisory Committee, the Vocational Curriculum Material Service and has been approved by the Dade County Vocational Curriculum Committee.

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with Suggested Hourly Breakdown

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Nail Growth	1
Nail Irregularities	1
Treatment for Nail Irregularities	1
Classification of Nails	2
Nail Styling	2

II. MANICURE SUPPLIES (2 Hours)

Equipment	2
Implements	2
Cosmetics	2
Materials	3

III. MANICURE TECHNIQUES (20 Hours)

Plain Manicure	3
Oil Manicure	3
Men's Manicure	3
Electric or Machine Manicure	3
Problems in Manicuring	3
Artificial Nails	3
Safety Precautions	3
Hand and Arm Massage	3

IV. PEDICURING (5 Hours)

Preparation for a Pedicure	4
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V. BASIC PRINCIPLES OF CHEMISTRY (5 Hours)

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Preparation of Shampoos	5
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Changes in Hair Cortex During Setting 6
Changes in Hair Cortex During Cold Waving 6
Chemistry of Cold Wave Solution 6
Hairstyling After a Cold Wave 6
Problems in Cold Waving 6

VIII. CHEMISTRY OF CHEMICAL HAIR RELAXERS (10 Hours)
Types of Hair Relaxers 7
Hair Types and Textures 7

IX. THE CHEMISTRY OF HAIR COLOR (15 Hours)
The Nature of Color 7
The Process of Lightening Hair 7
Chemistry of Hair Color 8

X. DEVELOPMENT OF MANIPULATIVE SKILLS (35 Hours)

XI. QUINMESTER POST TEST (5 Hours)

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GOALS

The student cosmetologist will be able to:

1. Demonstrate an understanding of the principles of manicuring and pedicuring.
2. Recognize the differences between nail disorders and nail diseases.
3. Demonstrate an ability to correctly use the tools and equipment necessary for manicuring and pedicuring.
4. Develop skill in all manicuring and pedicuring techniques.
5. Demonstrate an ability to handle special problems of manicuring.
6. Develop an understanding of the relative facts pertaining to chemistry and structure of hair and skin.
7. Discuss the chemical principles which apply to the techniques of a performance.
8. Develop safe, workable procedures of manipulative skills through the knowledge of chemistry.
9. Satisfactorily complete the quinmester post test.

SPECIFIC BLOCK OBJECTIVES

BLOCK I - THE NAILS

The student will be able to:

1. Orally describe a normal healthy nail.
2. Discuss the parts of the nail and their location.
3. List the three factors which influence the growth of the nails.
4. Describe orally the difference between nail irregularity and nail disease.
5. Demonstrate on a model the ability to correct nail irregularities.
6. List the four general shapes of nails.
7. Satisfactorily shape the nails of a model in four general shapes.

BLOCK II - MANICURE SUPPLIES

The student will be able to:

1. List the equipment and implements needed in giving a manicure or pedicure.
2. Exhibit the ability to use supplies correctly in giving a manicure and pedicure on a model.
3. Demonstrate the ability to practice sanitation and the care of implements.
4. Describe, identify and explain the use of manicuring cosmetics.
5. Explain and identify the use of materials needed in manicuring.

BLOCK III - MANICURING TECHNIQUES

The student will be able to:

1. List the steps in giving a manicure.
2. Demonstrate on a model the ability to give a plain manicure correctly.
3. Demonstrate on a model the ability to give an oil, men's and electric or machine manicure correctly.
4. Correct special problems in manicuring on a model.
5. Apply artificial nails on a model.
6. List the safety precautions that are used in performing a manicure on a model.
7. Perform on a model a hand and arm massage as given with a manicure.

BLOCK IV - PEDICURING

The student will be able to:

1. Determine diseases and other abnormal conditions of the feet and toenails.
2. List the equipment, materials and implements that are used in pedicuring.
3. Demonstrate on a model the techniques of giving a pedicure.

4. List the safety precautions that are used in performing a pedicure.
5. Perform on a model the massage manipulations required in a foot massage.

BLOCK V - BASIC PRINCIPLES OF CHEMISTRY

The student will be able to:

1. Discuss the chemistry composition of the chemicals used in the study of cosmetology.
2. Discuss orally the characteristics of the chemicals that are used on the skin and hair in relation to the various treatments.
3. Demonstrate on a model the effects of various strengths of chemicals that are used on the hair.

BLOCK VI - SHAMPOO AND ITS CHEMISTRY

The student will be able to:

1. List the different kinds of shampoos that are made available to use on the various types of hair and conditions of the scalp.
2. Demonstrate on a model the correct technique of giving a shampoo.
3. Discuss orally the chemistry, types, function, purpose and action of shampoos.

BLOCK VII - CHEMISTRY OF CURLING AND WAVING HAIR

The student will be able to:

1. Discuss orally, the physical changes that occur during the process of setting the hair.
2. Demonstrate on a model the ability to set the hair in order to have an understanding of the chemistry of wet setting the hair.
3. Discuss orally the changes that occur in the cortex during a permanent wave treatment.
4. Perform on a model the correct technique of permanent waving all types of hair using scientific methods designed for each specific type of hair.
5. Explain the characteristics of the processing lotion and neutralizers, of the various types of cold wave lotions that are made available.
6. Discuss orally the problems that might occur in giving a permanent wave and to be able to correct them.

BLOCK VIII - CHEMICAL HAIR RELAXERS

The student will be able to:

1. List and explain the use of the different types of chemical hair relaxers.
2. Demonstrate on a model the correct procedure for the different types of chemical hair relaxers.

BLOCK IX - THE CHEMISTRY OF HAIR COLOR

The student will be able to:

1. Discuss orally the various types of hair color, their chemical composition, and their effect on hair.
2. Demonstrate the ability to perform on a model the various techniques to apply hair lightness and hair color to the different classifications of hair.

BLOCK X - DEVELOPMENT OF MANIPULATIVE SKILLS

The student will be able to:

1. Complete satisfactorily on a model or a mannequin all the pattern sets to be used for designing hair styles.
2. Construct satisfactorily on a model or a mannequin all of the sculpture curls required for hair styling.
3. Demonstrate on a model the various methods of style cutting hair.
4. Demonstrate satisfactorily on a model all the scalp and hair treatments required for conditioning hair.
5. Develop skill in the techniques of giving hair color and lightening treatments.
6. Demonstrate on a model the techniques of permanent waving hair.

BLOCK XI - QUINMESTER POST TEST

The student will satisfactorily complete the quinmester post test.

Course Outline

COSMETOLOGY 2 - 9207
(Care of the Nails)

Department 48 - Quin 9207.01

I. THE NAILS

A. Nail Composition
   1. Protein
   2 Keratin

B. Nail Structure
   1. Parts of the nail
      a. Nail body
      b. Nail root
      c. Free edge
   2. Parts of the Nail Body
      a. Nail bed
      b. Matrix
      c. Lunula
      d. Cuticle
      e. Eponychium
      f. Hyponychium
      g. Perionychium
      h. Nail walls
      i. Nail grooves
      j. Mantle

C. Nail Growth - Influential Factors
   1. Matrix
   2. Seasons
   3. Age

D. Nail Irregularities
   1. Definition
   2. Nail Irregularities
      a. Corrugations or wavy ridges
      b. Furrows or depressions
      c. Longitudinal or transverse furrows
      d. Leuchonychia or white spots
      e. Onychophagy or bitten nails
      f. Onychorrhexis or split, brittle nails
      g. Hangnails or agnails
      h. Eggshell nails
      i. Blue nails
      j. Bruised nails
      k. Treating cuts
      l. Infected fingers

E. Treatment for Nail Irregularities
   1. Cause
   2. Treatment

F. Classification of Nails
   1. Square
   2. Round
   3. Oval
   4. Pointed

G. Nail Styling
   1. Oval shaped nail
   2. Slender tapering nail
   3. Square or rectangular nail
   4. Clubbed nail

II. MANICURE SUPPLIES

A. Equipment
   1. Manicure table and lamp
   2. Patron's chair and manicurist's chair or stool
   3. Cushion
   4. Supply tray
   5. Finger bowl
   6. Container for cotton
   7. Electric heater (for oil manicures)
   8. Container for sanitizing solution
   9. Glass containers for cosmetics and accessories

B. Implements
   1. Orangewood sticks (2)
   2. Nail file
   3. Cuticle pusher
   4. Cuticle nippers or cuticle scissors
   5. Nail brush
   6. Emery boards
   7. Nail buffer
   8. Fine camel's hair brush (usually in polish bottle)

C. Cosmetics
   1. Nail cleaners
   2. Nail polish removers
   3. Cuticle oil
   4. Cuticle creams
   5. Cuticle removers or solvents
   6. Nail bleaches
   7. Abrasive
   8. Nail whiteners
   9. Dry nail polish
   10. Liquid nail polish or lacquer
   11. Nail polish solvent
   12. Base coat
   13. Top coat or sealer
   14. Nail strengtheners
   15. Nail drier
   16. Hand creams
   17. Hand lotions

D. Materials
   1. Absorbent cotton
   2. Soap
   3. Warm water
   4. Sanitized towels
   5. Cleansing tissue
   6. Chamois
   7. Paper cups
   8. Antiseptic
   9. Disinfectant
   10. Spatula
   11. Mending tissue paper and mending liquid
   12. Perforated adhesive tape
   13. Scotch tape

III. MANICURING TECHNIQUES

A. Plain Manicure
   1. Preparation and safety precautions
   2. Procedure
   3. Clean up procedure

B. Oil Manicure
   1. Preparation and safety precautions
   2. Procedure
   3. Clean up procedure

C. Men's Manicure
   1. Preparation and safety precaution
   2. Procedure
   3. Clean up procedure

D. Electric or Machine Manicure
   1. Preparation and safety precautions
   2. Procedure
   3. Clean up procedure

E. Special Problems
   1. Nail repair
   2. Loose skin
   3. Callous growth
   4. Stains on fingernails

F. Artificial Nails
   1. Purpose for use
   2. Procedure
   3. Helpful hints

G. Safety Precautions in Manicuring
   1. Importance of safe practices in manicuring
   2. Consequences of unsafe habits

H. Hand Massage
   1. Purpose
   2. Proper manipulations after a manicure

IV. PEDICURING

A. Preparation For a Pedicure
   1. Safety precautions
   2. Arrangement of supplies and materials
   3. Preparation of patron and operator
   4. Clean up procedure

B. Procedure for a Pedicure

C. Foot Massage
   1. Purpose
   2. Procedure

V. BASIC PRINCIPLES OF CHEMISTRY

A. The Structure of Things
   1. Atoms and molecules
   2. Elements
      a. Definition
      b. Types
      c. Smallest particle
      d. Elements found in hair
   3. Compounds
      a. Definition
      b. Types
      c. Smallest particle
      d. Compounds used on hair
      e. Solubility of compounds
         (1) Soluble in water (solvent)
         (2) Insoluble in water (insolvent)
   4. Emulsions
      a. Definition
      b. Oil-in-water type
      c. Water-in oil type
      d. Formula of emulsion

B. The p^H Scale
   1. Definition
   2. Characteristics of acid
   3. Acids, used in hair treatments
   4. Characteristics of alkalies
   5. Alkalies used in hair treatments
   6. Testing for p^H
   7. The p^H of products

C. Effects of p^H on Hair
   1. Strong to mild acid (1.0 - 6.5)
   2. Neutral (6.5 - 7.5)
   3. Mild alkali (7.5 - 10.00)
   4. Stong alkali (10.00 - 14.00)

D. Chemical Changes
   1. Definition
   2. Type of chemical changes
      a. Physical
      b. Chemical
   3. Chemical changes in the hair
      a. Permanent waving
      b. Lightening
      c. Tinting

IV. SHAMPOO AND ITS CHEMISTRY

A. Preparation of Shampoos
   1. Selection of shampoo
      a. Dry condition
      b. Oily condition
      c. Type of color used
      d. Damage to hair
      e. Type of dandruff
      f. Follow-up to shampoo
   2. Correct technique
      a. Use of shampoo
      b. Proper rinsing
      c. Results of improper shampooing
   3. Hair cleansing problems
      a. Cuticle scale
      b. Excessive oil on the hair
      c. Type of hair
      d. Lotions and laquer on hair
      e. Soap curds

B. Action of Shampoos
   1. Function of shampoo molecules
      a. Head of shampoo, water loving
      b. Tail of shampoo, grease, oil loving
   2. Purpose of shampoo
   3. Action of shampoo on the hair
   4. Removal of dirt and grease
      a. Mechanical removal
      b. Value of massage
      c. Function of rinsing

C. Types of Shampoos
   1. Soap shampoo
      a. Definition
      b. Forms of soaps
      c. Advantages and disadvantages of a soap shampoo
      d. Formation of soap scum
      e. Removal of soap scum
   2. Soapless shampoos
      a. Definition
      b. Composition
      c. Advantages and disadvantages of a soapless shampoo
      d. Features of a good shampoo

3. Special shampoos
4. Testing shampoos
    a. Hard water - soap shampoo
    b. Hard water - soapless shampoo

VII. CHEMISTRY OF CURLING AND WAVING HAIR

A. Changes in Hair Cortex During Setting
    1. Physical change
        a. Breaking of hydrogen bonds
        b. Purpose of setting lotions
        c. Drying or hardening of the hair

B. Changes in Hair Cortex During Cold Waving
    1. Techniques of permanent waving hair
        a. Shampoo
        b. Wrapping
        c. Processing
        d. Rinsing
        e. Neutralizing
        f. Conditioning
        g. Setting, drying
    2. Position of cross-bonds during processing
    3. Position of cross-bonds during neutralizing

C. Chemistry of Cold Wave Solutions
    1. Processing lotion
        a. Contents of lotion
        b. p^H of lotion
        c. Function
    2. Neutralizer
        a. Contents
        b. p^H
        c. Function

D. Hairstyling After a Cold Wave
    1. Correct wave size
    2. Relaxation of curl
    3. Wave loss
        a. Sunlight
        b. Medication
        c. Dandricides
        d. Hormones
        e. Poor techniques

E. Problems in Cold Waving
    1. Timing
        a. Over-processed
        b. Under-processed
        c. Temperature of processing
    2. Solutions
        a. Strength of waving lotions
        b. Wetability of solutions
        c. Evaporation of waving lotions

3. Hair problems
    a. Cortex-cuticle ratio
    b. Porosity of cuticle
    c. Damaged cuticle
    d. Weakness of hair shaft
    e. Effects of overlapping of chemicals
    f. Rinsing difficulties
    g. Sulphur content
    h. Method of blocking and winding

VIII. CHEMICAL HAIR RELAXER

A. Types of Hair Relaxer
    1. Ammonium thioglycolate
        a. Ingredients
        b. Chemicals used
    2. Thio straightening process
        a. Processing
        b. Neutralizing
    3. Procedure for thio relaxer
    4. Sodium hydroxide relaxers
        a. Ingredients
        b. Chemicals used
    5. Procedure for sodium hydroxide relaxer

B. Hair Types and Textures
    1. Safety precautions for each type
    2. Procedures

IX. THE CHEMISTRY OF HAIR COLOR

A. The Nature of Color
    1. Primary colors
    2. Secondary colors
    3. Complimentary colors
    4. Use of each

B. The Process of Lightening Hair
    1. Chemical changes of hair pigment
    2. Hydrogen peroxide
        a. Strength
        b. Stabilized
        c. Disadvantages and advantages
        d. Effect on cuticle of hair
    3. Use of activators
        a. Ammonia
        b. Prepared activators
    4. Reaction of lighteners
    5. p^H of lighteners

C. Chemistry of Hair Color
   1. Definition
   2. Temporary color
      a. Uses
      b. Disadvantages
      c. Types
   3. Semi-permanent color
      a. Definition
      b. Disadvantages
      c. Action on gray hair
      d. Uses
   4. Permanent color
      a. Action of hair tints
      b. Classification of colors
      c. Advantages
      d. Ingredients
      e. Additives
      f. Developers

X. DEVELOPMENT OF MANIPULATIVE SKILLS

A. Hair Styling

B. Hair Cutting

C. Hair and Scalp Conditioning

D. Shampooing

E. Hair Coloring

F. Permanent Waving

XI.. QUINMESTER POST TEST

APPENDIX: Quinmester Post Test Samples

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A P P E N D I X

Quinmester Post Test Samples

Quinmester Post Test

Name _____ Date _____ Score _____

Care of the Nails

Part I - The Nails

1. The main composition of the nail is a protein substance called:

   a. calcium
   b. carbon
   c. melanin
   d. keratin

2. The normal healthy nail is:

   a. firm and flexible
   b. spotted and flat
   c. lined with hollows and ridges
   d. stiff and slighty blue in color

3. The purpose of the nail is:

   a. for adornment
   b. for grasping objects
   c. for protection
   d. for all of the above

4. Another name for the nail plate is:

   a. nail bed
   b. free edge
   c. nail body
   d. cuticle

5. The nails are an appendage of the:

   a. hair
   b. skin
   c. oil glands
   d. sweat glands

6. The base of the nail refers to the area near:

   a. the free edge
   b. the half moon
   c. the sides
   d. all of the above

7. What part of the nail contains nerves:

   a. matrix
   b. lunula
   c. plate
   d. free edge

8. The average growth of the nail is:

   a. one half inch per week
   b. one inch per month
   c. one half inch per month
   d. one eighth inch per month

9. Another name for half moon is:

   a. nail walls
   b. mantle
   c. lunula
   d. eponychium

10. Which part produces the nail:

   a. cuticle
   b. matrix
   c. hyponychium
   d. perionychium

11. Nail diseases should never be treated by a:

   a. doctor
   b. nurse
   c. cosmetologist
   d. beginner

12. A nail disease is recognized by:

   a. inflamation
   b. swelling
   c. irritation
   d. all of the above

13. A cosmetologist can treat:

   a. an infection
   b. an irregularity
   c. a nail disease
   d. an infectious condition

14. Buffing the nails will help to remove:

   a. ridges
   b. cuticle
   c. nail thickness
   d. hang nails

15. Pressure on the nail may be avoided by using:

   a. a steel file
   b. a metal pusher
   c. an orange wood stick
   d. all of the above

16. Split and brittle nails will be improved by:

a. plain manicures
b. booth manicures
c. oil manicures
d. exposure to soap and water

17. Fragile nails should be filed with:

a. a see-saw motion
b. a pumice stone
c. a steel file
d. an emery board

18. Ragged cuticle can cause:

a. thickening of the nail
b. hangnails
c. nail splits
d. wavy ridges

19. One of the most common causes of deformed nails is:

a. an internal disorder
b. careless filing
c. excessive manicures
d. biting the nails

20. White spots on the nails may be caused by:

a. disease
b. careless filing
c. injury
d. infection

21. Before giving a pedicure, soak the patron's feet in:

a. a plain water basin
b. a soap and water basin
c. a disinfectant basin
d. an antiseptic basin

22. Toe nails should be shaped:

a. straight across
b. to a point
c. any shape
d. in an oval manner

23. In pedicuring, avoid the use of:

a. massage
b. a metal pusher
c. an antiseptic
d. an orange wood stick

24. Inserting cotton between the toes prevents:

a. polish smear
b. ingrown nails
c. injury
d. blood circulation

25. Corns, callouses, and ingrown toe nails should be treated by:

a. a foot specialist
b. a pedicurist
c. a cosmetologist
d. a manicurist

Part II - Manicuring

26. The manicure table should be cleaned:

a. before the manicure is given
b. during the manicure
c. before the shampoo and set
d. upon completion of a manicure

27. Manicure implements should be placed in a jar containing cotton saturated with:

a. alcohol
b. water
c. soap
d. liquid dry shampoo

28. To cleanse the nails and fingertips use:

a. polish remover
b. formaldehyde
c. warm soapy water
d. witch hazel

29. Nails are classified into:

a. four general shapes
b. three general shapes
c. two general shapes
d. one general shape

30. Which shaped nails fits most hands:

a. square
b. round
c. oval
d. none of the above

31. In shaping the nails begin with the:

a. thumb of the left hand
b. little finger of the left hand
c. middle finger of the right hand
d. little finger of the right hand

32. Filing deep in the corners of the nails:

a. is permitted
b. will weaken the nails
c. will strengthen the nails
d. gives a nice shape to the nails

33. Nails should be filed:

a. from corner to center
b. from center to corner
c. in a circular manner
d. in a see-saw manner

34. The free edge of the nails should be cleaned with:

a. heavy pressure
b. a towel
c. alcohol
d. a cotton typed orange wood stick

35. To level the nails use:

a. the fine side of the emery board
b. the coarse side of the emery board
c. a steel file
d. none of the above

36. Nail polish is removed at the hairline tip:

a. before the base is applied
b. before the sealer is applied
c. agter each coat of polish
d. when ever possible

37. Nail polish should be applied:

a. with short strokes
b. with long sweeping strokes
c. in a swirling manner
d. across the nails

38. To thin nail polish add:

a. solvent
b. polish remover
c. alcohol
d. formaldehyde

39. For those who perform work with their hands which shaped nail is recommended?

a. pointed
b. round
c. oval
d. none of the above

40. Before giving a manicure:

a. wash the patron's hands
b. wash your hands
c. file the nails
d. examine patron's hands

41. In shaping the nails:

a. hold the patron's hand in your palm
b. hold two fingers at a time
c. each finger should be held individually
d. place patron's hand flat on the table

42. Brush nails in the soap bath:

a. across the nails
b. with an upward movement
c. with a downward movement
d. in a circular manner

43. If oil remains on the nails:

a. the polish will not adhere to the nails
b. the polish will adhere to the nails
c. it will not affect the polish
d. dryness will be prevented

44. An oil manicure is especially beneficial to:

a. smooth nails
b. brittle ridged nails
c. normal nails
d. none of the above

45. To prevent a heating or burning sensation when buffing:

a. stroke across the nails
b. avoid stroking
c. lift the buffer after each stroke
d. apply pressure with the buffer

46. Buffing the nails:

a. increases circulation to the finger tips
b. smooths the nails
c. gives the nails a natural gloss
d. all of the above

47. A nail patch is applied to the nails:

a. before nail polish is applied
b. after the sealer is applied
c. before the manicure
d. before the base coat is applied

48. Artificial nails are used:

a. to conceal broken nails
b. to overcome the habit of biting
c. to improve the appearance of short nails
d. all of the above

49. Callous growth at the finger tips can be removed with:

a. gentle rubbing with pumice powder
b. constant pressure
c. the use of a pumice stone
d. polish remover

50. A fringe of loose skin after a manicure is caused by:

a. not trimming the cuticle
b. trimming the cuticle closer than necessary
c. strong polish remover
d. excessive filing

Part III - Nail Chemistry

51. Cuticle cream is an example of:

a. an ointment
b. an emulsion
c. a solution
d. a suspension

52. Nail strengtheners usually contain:

a. alcohol
b. glycerine
c. soap
d. formaldehyde

53. Hydrogen peroxide is one ingredient formed in:

a. dry nail polish
b. nail driers
c. nail bleaches
d. polish solvent

54. Hand creams and lotions are used to:

a. replace natural oils
b. overcome dryness
c. overcome a chapped, rough condition
d. all of the above

55. Cuticle removers contain:

a. castor oil
b. sodium or potassium hydroxide
c. olive oil
d. zinc oxide

56. Nail abrasives contain:
a. pumice powder
b. white pigments
c. formaldehyde
d. none of the above

57. Nail whiteners are used:

a. on the half moon
b. around the nail
c. under the free edge
d. under the nail polish

58. Another name for top coat is:

a. base
b. sealer
c. foundation
d. polish

59. A base coat:

a. is no longer used
b. is applied before liquid nail polish
c. is also found in powder form
d. is the final coat of polish used

60. Dry nail polish:

a. is mixed with liquid nail polish
b. contains acetone
c. is not abrasive
d. imparts sheen during buffing

61. To remove nail stains use:

a. hand lotion
b. formaldehyde
c. lacquer
d. a nail bleach

62. The plasticiser in a liquid nail polish:

a. prevents too rapid drying
b. is not found in liquid polish
c. strengthens the nails
d. is also found in an abrasive

63. A nail cosmetic used to soften and lubricate the skin around the nail is:

a. nail cleanser
b. cuticle oil
c. abrasive
d. nail whitener

64. The oil present in nail polish removers:

a. is found in all polish removers
b. prevents excessive dryness
c. is never found in polish removers
d. none of the above

65. Cuticle creams contain:

a. acetone
b. solvent
c. a mixture of fats and waxes
d. pumice powder

66. Nail cleansers contain:

a. formaldehyde
b. a plasticiser
c. fats and waxes
d. some form of soap

67. Nail strengtheners are usually applied:

a. before the base coat
b. over the polish
c. instead of a top coat
d. once a month

68. Hand creams are similar in composition to:

a. cold cream
b. massage cream
c. vanishing creams
d. none of the above

69. Nail polish removers contain:

a. soap
b. waxer
c. glycerine
d. organic solvents

70. Hand lotions are:

a. the same as hand creams
b. ointments
c. dilute emulsions
d. solutions

71. Dry nail polish:

a. is available in powder form
b. is available in paste form
c. is a mild abrasive
d. all of the above

72. An antiseptic is:

a. never used in manicuring
b. a weaker form of disinfectants
c. harmful to the nails
d. a nail strengthner

73. Manicure cosmetics:

a. vary in composition
b. are of the same quality
c. are unneccessary in pedicuring
d. are used after a manicure

74. In giving an oil manicure which of the following may be used:

a. a commercial preparation
b. vegetable oil
c. olive oil
d. any of the above

75. The astringent witch hazel contains:

a. alcohol and water
b. boric acid
c. camphor and distilled water
d. fats and waxes

Quinmester Post Test

(Care of the Nails)

Manicure Safety

True or False

1. _____ Diseased nails should not be manicured.
2. _____ Nails should be filed deep in the corners of the nails.
3. _____ Nail polish bottles should be cleansed with polish remover.
4. _____ Sharp cutting edges of manicure implements can be dulled with an emery board.
5. _____ Used cotton should be placed in a manicure drawer.
6. _____ Sanitized manicure implements should be stored on top of the manicure table.
7. _____ A styptic pencil should be used to stop bleeding.
8. _____ Wash and dry your hands before and after a manicure.
9. _____ Manicure cream should be removed from the jar with the index finger.
10. _____ Pressure on the nail plate will cause white spots on the nails.
11. _____ Sharp, pointed implements are recommended for cleaning underneath the nails.
12. _____ If the skin is accidentally cut during a manicure, an antiseptic is recommended.
13. _____ The nails should be soaked in hot water.
14. _____ Artificial nails are removed by prying loose with tweezers.
15. _____ The fine side of the emery board should be used for thin, fragile nails.
16. _____ Cream should be applied to open lesions before giving a pedicure.
17. _____ Thick, red, cracked skin around the nails is a sign of infection.
18. _____ Loose cuticle should be removed with quick, pulling motions.
19. _____ Pedicure must be given in a special area in the salon.
20. _____ Manicure implements should be sanitized once a day.
21. _____ A clean towel is necessary for each patron.
22. _____ Cuticles should be pushed back as far as possible.
23. _____ The operators' hands should be dry when holding or moving containers.

24. _____ Always examine the toe nails before giving a pedicure.

25. _____ Callouses and corns should be treated by a physician.

Quinmester Post Test

Basic Principles of Chemistry

Exam Reviews in Hair Structure and Chemistry. New York: Milady Publishing Corp., 1967. Pp. 107.

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Quinmester Post Test Answer Sheet

Care of the Nails

Part I
The Nails

1. D
2. A
3. D
4. C
5. B
6. B
7. A
8. D
9. C
10. B
11. C
12. D
13. B
14. A
15. C
16. C
17. D
18. B
19. D
20. C
21. D
22. A
23. B
24. A
25. A

Part II
Manicuring

26. D
27. A
28. C
29. A
30. C
31. B
32. B
33. A
34. D
35. A
36. C
37. B
38. A
39. B
40. D
41. C
42. C
43. A
44. B
45. C
46. D
47. D
48. D
49. A
50. B

Part III
Nail Chemistry

51. B
52. D
53. C
54. D
55. B
56. A
57. C
58. B
59. B
60. D
61. D
62. A
63. B
64. B
65. C
66. D
67. A
68. C
69. D
70. C
71. D
72. B
73. A
74. D
75. A

Quinmester Post Test Answer Sheet

Care of the Nails

Manicure Safety

1. True
2. False
3. True
4. True
5. False
6. False
7. False
8. True
9. False
10. True
11. False
12. True
13. False
14. False
15. True
16. False
17. True
18. False
19. False
20. False
21. True
22. False
23. True
24. True
25. True